Jim Black, Case Study by Dr. David Chu: June 30, 2004

History of Present Illness

Jim is a 31 year old manager of a health food store. He came to our clinic to seek alternative therapy on March 24, 2003 for what he described as a "mystery illness". For the past 30 months, since December 2000, he has developed chronic pain. The majority of the pain was in the abdomen, chest muscles and groin. The pain level varied in intensity and was at times very severe. Tylenol 3 and Percoset provided very little relief from the symptoms. At the same time he had developed insomnia and had difficulty initiating and maintaining sleep. He found that if he slept longer than three hours he would wake up with extreme stiffness and pain. He also noticed problems with short-term memory and concentration, fatigue and physical weakness so severe that at times he could not even lift his fifteen pound son out of his crib. The pain was accompanied by numbness in his hands and feet and tingling pins and needles sensations over his entire body.

Starting in November 2000, he also experienced some trouble with his vision. He woke up with blurry and dark vision in his left eye. He described that initially, only the centre vision was affected and then within a month the peripheral vision went and he remained blind in that eye for about two months. Overnight, in February 2001, his vision suddenly came back to normal. This situation repeated 4-5 times in the course of the past three years in either the left or right eye for varying amounts of time.

He was seen by Rheumatologist, Dr. Choi, a rehabilitation physician Dr. Apel and received an assessment for the possibility of fibromyalgia. In his estimation Jim states that he has seen approximately 75 different physicians, specialists and alternative therapists since the onset of his condition. In 2002, he saw an Opthamologist, Dr. Bill Fletcher, who considered Jim's vision problem to be a Conversion Reaction problem and referred him to a psychiatrist.

Jim drinks one litre of coke per day, does not smoke and does not drink alcohol, he considers his diet quite healthy.

Past Medical History

Jim has had nine concussions between the ages of 17 through 36 that he sought medical advice for, he estimate eighteen all tolled. His nose has been fractured eleven times due to sports injuries. He has had seven knee surgeries. Ear surgery for tubes inserted into his ears in 1984 & 1989. Hernia repaired in 2000. There is no history of periodic limb movements, bruxism or parasomnias.

Past Psychiatric History

He saw psychiatrist, Dr. Maier, for treatment of mild depression and vision disturbance. She prescribed Effexor and Rhorone to him.

Medications

Dr. Joan Huang prescribed Amitriptyline, Oxycocet, Tylenol 3 and Percoset to help the pain and insomnia. Dr. Choi prescribed Prednisone for a six week cycle early on in the disease, with little to no effect on condition.

Allergies

Penicillin and Sulfa

Family History

Mother has insomnia and fibromyalgia, sibling suffers from depression, father died at age of 48 from heart disease.

Social History

Jim is married and has two young boys. Because of his illness he has not been able to sustain his job as manager of health food store.

Laboratory Investigations

Many tests have been performed and reported as normal including three brain MRI's, ESR, CPK, C-renetive proteins and compliments, hepatitis screen, mononucleosis, cytomegalovirus, EB virus etc.

I also took the liberty to perform a Life Blood Analysis in March 2004. His Life Blood images showed medium erythrotic aggregation (rolean erythrocyte symplast), leukocytes pubulation was low and inactive with parasitism. Neutrophil immobile, some fibrin in the background indicated liver distress.
Dry blood analysis showed a dark ring on the edge of the stain. The anti-oxidant layer was not evident, indicating scavengers of free radicals function inactive especially in the centre nervous system and brain. In the plasma level there showed to be a systemic free radical stress. This stress is likely from endogenous source as in organ dysfunction.

Physical Exam

On exam, he was pleasant but depressed, tired looking, no abnormalities in neurological status whatsoever, no nystagmus. His range of motion (ROM) was preserved. There was tenderness arising from fibromyalgia specific tender points, which was symmetrical, but only 10/18 points were sensitive. There were no other abnormalities noted upon evaluation. All the neurological testing was normal.

Impression

1. Psychophysiological insomnia
2. Fibromyalgia, intermittent neurological symptoms NYD
3. Chronic Fatigue Syndrome

Treatment

From March 2003 to April 2004 Jim received a total of twenty-two acupuncture and Chinese herbal treatments. Jim's condition remained relatively stable, but between treatments he still had two episodes of sudden vision loss. He would suffer from onset of fatigue and pain almost immediately after treatment, but reported relief from pain during the acupuncture treatments.

On April 9th, 2004 Jim was introduced to an East Indian spiritual healer named Guru Ji through a friend. Guru Ji gave Jim six blessings, each blessing approximately 10 days apart. During the blessing, Jim reported that he felt exhausted of energy. Afterward he would need to sleep more than usual, requiring rest, he described a feeling of not being able to keep his eyes open at times. Gradually his symptoms have improved and disappeared, since June 9, 2004 he has been pain free and felt as if "the clouds left him". Ever since he has complete absence of muscle pain and spasms, regained mental clarity and physical strength.

Discussion

Jim attributes his recovery entirely to Guru Ji. The 41 year old East Indian Guru has completely cured his illness. He reports that Guru Ji has blessed almost 400 people in Calgary during the three month period he has been here. A majority of those people have seen good to dramatic improvements.

For the sake of my curiosity, I ran another Life Blood Analysis on Jim on June 17, 2004. Jim's blood analysis appeared completely normal, except some hepatic fibrin still remains. The shape, quantity and quality of peripheral blood cells are very healthy, free of parasitism. I performed Life Blood Analysis on several thousands of people during my years of medical practice and I have only seen a handful of cases with this level of healthy blood under the microscope. I have never witnessed this dramatic of a change in such a short period of time. I had tested Jim's blood only 2-1/2 months ago, I couldn't believe these two blood samples came from the same person. It would normally take a person 2-3 years to recover under the most effective therapies, if at all possible.

I feel very honoured to have met Guru Ji and have witnessed him performing his blessing on others. He asks the person to close his/her eyes and pray with him for three minutes, he touches the person's Superior Parietal part of the head with his hands for one minute or less and the blessing is completed. He stated his blessings have profound and instant beneficial effect on the recipient's physical and emotional condition. I have heard many testimonials from different people about Guru Ji's "miraculous" healing abilities. The healing benefit of the recipient can start to be apparent within a few seconds to several weeks. The speed of the healing is impacted by the recipient's receptiveness to the blessing, but the results are very impressive. As a clinician and medical research scientist who has been practicing evidence based medicine for years, Guruji's healing ability is way beyond my understanding.

During my arduous training as a physician, many of these mystical healing concepts were drummed out of me by one boot camp system of medical training. Yet when I began to practice medicine, I realised that I was not dealing with a reductionist collection of molecules, but a whole person consisting of a unique soul driven by spirit and subject to all the infirmities of the physical world. The person was much more than the anatomical structure we were taught at medical school. The person is a unique system of memories, emotions, relationships and individual responses to the surrounding environment. We are not necessarily logical creatures, we are a complex tapestry of our ancestors' genes and our own unique experiences. Moreover, we are constantly learning and adapting, transforming, evolving and growing. These aspects of the human being seemed much more important to me than the dogmatic reductionist proposals that were often espoused by conventional medicine.

Yet, our current scientific and technological medical system provides some miraculous therapies when we are sick, but our modern science and technology are only in its infancy compared to the history of our human being. I marvel at cancers dissolving after a course of powerful chemotherapy but the tumour would sometimes grow back again after awhile, so what is missing in this? The answer is found in alchemy. Is there something we could learn from ancient Indian healing wisdom and Practice? The ultimate system of medicine and health care is to be found by being open minded and building bridges between the different disciplines.

In Jim's case for the conventional medicine, it took more than four years, cost thousands of health care dollars but still there was no conclusion on what he was suffering from or any improvement of health condition. With a few blessings from Guru Ji he has totally recovered from his illness. My question is how could we integrate this concept of vitalism with science? Is it possible to combine "magic" and science? To study and investigate this ancient wisdom of healing practice in India and so little known by Western Civilization may be able to help enhance our modern medicine and to create new directions in the medical sciences and healing methods.